

where did my libido go

Where Did My Libido Go? Understanding the Mystery of Lost Desire

where did my libido go is a question that many people quietly wonder about at some point in their lives. It's not unusual for sexual desire to ebb and flow, but when your libido seems to disappear entirely, it can be confusing, frustrating, and even worrisome. Whether you're in a committed relationship or single, noticing a significant drop in your sexual drive can impact your emotional well-being and intimate connections. Let's explore the common reasons behind this phenomenon, how to recognize the signs, and what you can do to reclaim your passion.

Why Does Libido Disappear? Exploring the Causes

Sexual desire is a complex interplay of hormones, emotions, physical health, and even your environment. When one or more of these factors are disrupted, you might find yourself asking, "Where did my libido go?" Here are some of the most frequent culprits behind a waning sex drive.

Hormonal Changes and Imbalances

Hormones play a pivotal role in regulating libido. For example, testosterone is often linked to sexual desire in both men and women. When levels drop due to aging, medical conditions, or medications, libido can decrease. Women may especially notice changes during pregnancy, postpartum, or menopause when estrogen and progesterone fluctuate dramatically. Thyroid disorders and adrenal gland issues can also interfere with hormonal balance, leading to diminished sexual interest.

Stress and Mental Health

Modern life can be overwhelming, and chronic stress is a major libido killer. When your brain is flooded with stress hormones like cortisol, it suppresses the production of sex hormones and reduces sexual desire. Additionally, conditions such as depression and anxiety are closely associated with low libido. Feeling emotionally drained or mentally exhausted often leaves little room for intimate thoughts or desire.

Medications and Medical Conditions

Certain prescription drugs are known to affect libido as a side effect. These

include antidepressants (especially SSRIs), blood pressure medications, hormonal contraceptives, and some painkillers. Medical issues like diabetes, cardiovascular disease, and chronic pain can also contribute to a loss of sexual interest, either through physical discomfort or psychological impact.

Relationship Dynamics and Emotional Connection

Sometimes the issue isn't physical at all, but relational. If you're wondering, "where did my libido go?" it could be linked to unresolved conflicts, communication breakdown, or emotional distance in your partnership. Feeling disconnected or unappreciated can naturally dampen desire. On the flip side, a lack of novelty or excitement in a long-term relationship can lead to boredom, which also impacts libido.

How to Identify a Low Libido

Before addressing the problem, it's important to recognize what constitutes a low libido. Everyone's sexual desire varies, so what's normal for one person might not be for another. Here are some signs that your libido may be lower than usual:

- Reduced or absent thoughts about sex
- Minimal interest in sexual activity
- Difficulty becoming aroused or maintaining desire
- Feeling indifferent or even averse to intimacy
- Emotional distress or frustration related to lack of desire

If these symptoms have persisted for several months and are causing personal or relational stress, it's worth investigating the underlying causes.

Practical Steps to Rekindle Your Libido

The good news is that low libido is often reversible. By addressing the factors that contribute to lost desire, you can restore your sexual passion and enjoy a fulfilling intimate life again.

Prioritize Self-Care and Stress Management

Since stress is one of the leading causes of libido loss, incorporating relaxation techniques can make a significant difference. Practices like mindfulness meditation, yoga, deep breathing exercises, and regular physical activity help reduce cortisol levels and improve mood. Ensuring you get enough quality sleep is also crucial, as fatigue can severely impact sexual desire.

Communicate Openly with Your Partner

If relationship issues are at play, honest and compassionate conversations can help rebuild emotional intimacy. Sharing your feelings about your libido and listening to your partner's concerns can foster understanding and cooperation. Sometimes couples therapy can provide a safe space to explore these dynamics and learn new ways to connect.

Evaluate Your Medications and Health

It's important to review any medications you're taking with your healthcare provider to see if they might be contributing to your low libido. Never stop or change medications without professional guidance. Additionally, managing chronic health conditions effectively can improve overall well-being and, in turn, sexual desire. Sometimes simple lifestyle changes such as improving diet, increasing exercise, or addressing hormonal imbalances can have a profound effect.

Explore New Ways to Ignite Desire

Reigniting your libido doesn't always mean focusing solely on sex. Sometimes, building intimacy through non-sexual touch, date nights, or shared hobbies can create an environment where desire naturally flourishes. Experimenting with new experiences, fantasies, or sensual activities can also bring excitement back to your sex life.

When to Seek Professional Help

If you've tried lifestyle changes and communication but still find yourself thinking, "where did my libido go?" it might be time to consult a specialist. Sex therapists, counselors, or doctors trained in sexual health can help identify psychological or physiological causes and recommend appropriate treatments. For example, hormone replacement therapy may be beneficial for

some, while cognitive-behavioral therapy can address mental blocks related to desire.

Remember, loss of libido is a common experience and nothing to be ashamed of. Seeking help is a positive step toward reclaiming your sexual well-being and happiness.

Understanding why your libido has disappeared is the first step toward finding it again. By paying attention to your body, emotions, and relationships, you can uncover the hidden reasons behind lost desire and take meaningful action to bring your passion back to life.

Frequently Asked Questions

Where did my libido go after starting a new medication?

Certain medications, such as antidepressants, birth control pills, and antihypertensives, can lower libido as a side effect. If you've recently started a new medication and notice a drop in sexual desire, consult your healthcare provider to discuss possible alternatives or solutions.

Why has my libido decreased after having a baby?

Postpartum hormonal changes, fatigue, stress, and physical recovery from childbirth can all contribute to a lowered libido after having a baby. It's common for sexual desire to fluctuate during this period, and communication with your partner and healthcare provider can help manage these changes.

Can stress and anxiety cause me to lose my libido?

Yes, high levels of stress and anxiety can significantly reduce sexual desire. Stress triggers the release of cortisol, which can negatively impact hormone levels and mood, leading to decreased libido. Managing stress through relaxation techniques, therapy, or lifestyle changes can help restore sexual desire.

Could low testosterone be the reason my libido is gone?

Low testosterone levels can lead to a decreased libido, especially in men. Symptoms may also include fatigue, mood changes, and reduced muscle mass. If you suspect hormonal imbalances, it's important to consult a healthcare provider for testing and appropriate treatment.

How does aging affect libido and where does it go?

Aging naturally affects libido due to hormonal changes, decreased blood flow, and other health conditions that become more common with age. While some decline in sexual desire is normal, maintaining a healthy lifestyle and open communication with your partner can help sustain intimacy and desire.

Additional Resources

Where Did My Libido Go? Unraveling the Mystery Behind Lost Sexual Desire

where did my libido go is a question many individuals quietly ask themselves when they notice a significant decline in their sexual desire. This concern transcends gender, age, and relationship status, affecting millions worldwide. Libido, or sexual drive, is a complex interplay of physiological, psychological, and social factors. Understanding why it diminishes requires a careful, investigative approach that examines various influences—from hormonal imbalances and medical conditions to lifestyle choices and emotional wellbeing. This article delves into the multifaceted reasons behind a lost libido, offering insights grounded in scientific findings and expert opinions.

The Anatomy of Libido: What Influences Sexual Desire?

Sexual desire is not a singular concept but rather a dynamic state influenced by biological, psychological, and environmental components. At its core, libido is regulated by hormones, particularly testosterone, estrogen, and progesterone. These hormones fluctuate naturally throughout life, but external factors can accelerate or dampen these changes.

Beyond biology, mental health plays a crucial role. Stress, anxiety, and depression have been consistently linked to decreased sexual interest. Social and relational contexts, including intimacy with a partner, communication, and life stressors, further modulate libido levels.

Hormonal Shifts and Their Impact

One of the primary culprits behind the question “where did my libido go” is hormonal fluctuation. For men, declining testosterone levels often correlate with reduced sexual desire. According to the American Urological Association, testosterone levels typically decrease by about 1% per year after age 30, which can result in diminished libido, energy, and mood.

Women experience libido changes largely influenced by estrogen and

progesterone. During menopause, estrogen levels plummet, leading to vaginal dryness, discomfort during intercourse, and lower sexual drive. Similarly, postpartum hormonal changes can cause temporary libido loss.

Mental Health and Libido: The Invisible Barrier

The connection between mental health and sexual desire is well-documented. Chronic stress increases cortisol production, which can suppress testosterone and interfere with sexual function. Depression and anxiety often reduce interest in sex, not merely as a symptom but as a result of altered brain chemistry and diminished energy.

Moreover, psychological factors such as body image issues, past trauma, and relationship conflicts can further erode libido. Cognitive behavioral therapy and counseling have been shown to improve sexual desire by addressing these underlying issues.

Medical Conditions and Medications: Hidden Influences on Libido

If you find yourself wondering “where did my libido go” without any obvious lifestyle or emotional triggers, medical factors may be at play. Certain chronic illnesses and medications are notorious for decreasing sexual desire.

Chronic Health Conditions

Conditions such as diabetes, cardiovascular disease, and thyroid disorders can impair sexual function. For example, diabetes can cause nerve damage and poor blood flow, leading to erectile dysfunction and decreased sensation. Similarly, hypothyroidism often presents with fatigue and low libido.

Medications That Affect Sexual Desire

Many prescription drugs list sexual side effects. Antidepressants, particularly selective serotonin reuptake inhibitors (SSRIs), are commonly associated with reduced libido. Blood pressure medications, antihistamines, and hormonal contraceptives can also impact sexual drive.

Understanding medication side effects is crucial, as patients may not always connect the dots between their prescriptions and libido changes. Consulting a healthcare provider can help identify alternatives or solutions.

Lifestyle Factors: How Daily Choices Influence Libido

Lifestyle habits have a profound effect on sexual desire. Poor diet, lack of exercise, substance abuse, and inadequate sleep are all contributors to diminished libido.

Nutrition and Exercise

Nutrition impacts hormone production and energy levels. Diets high in processed foods and low in essential nutrients can disrupt hormonal balance. Conversely, regular physical activity boosts testosterone, improves mood, and enhances blood flow, all of which support healthy libido.

Sleep and Stress Management

Chronic sleep deprivation reduces sex hormones and increases stress hormones. Stress management techniques, including mindfulness and relaxation exercises, have been shown to improve sexual desire by lowering cortisol levels.

Substance Use and Its Effects

Excessive alcohol consumption and recreational drug use can impair sexual performance and lower libido. While moderate alcohol may reduce inhibitions, chronic use leads to hormonal disruptions and neurological damage.

Relationship Dynamics: The Social Side of Libido

Sexual desire is often intertwined with the quality of intimate relationships. Emotional connection, communication, and mutual satisfaction play significant roles in maintaining a healthy libido.

Communication and Emotional Intimacy

Lack of open communication about sexual needs and desires can create misunderstandings and emotional distance, leading to reduced libido. Couples who engage in honest conversations about sex tend to report higher satisfaction and stronger desire.

Impact of Relationship Stress

Conflict, unresolved issues, or lack of trust can diminish sexual interest. In some cases, couples counseling or sex therapy can help restore intimacy and rekindle desire.

Exploring Solutions: Steps Toward Reclaiming Your Libido

Addressing the question “where did my libido go” requires a holistic approach. Identifying the root causes is essential, whether they are hormonal, psychological, medical, or social.

- **Medical Evaluation:** Consulting a healthcare provider to rule out or manage underlying conditions and medication side effects.
- **Hormonal Therapy:** In some cases, testosterone replacement or estrogen therapy may be appropriate under medical supervision.
- **Psychological Support:** Therapy for mental health issues, trauma, or relationship difficulties.
- **Lifestyle Improvements:** Incorporating balanced nutrition, regular exercise, adequate sleep, and stress reduction techniques.
- **Open Communication:** Enhancing dialogue with partners to foster emotional intimacy and sexual satisfaction.

While there is no one-size-fits-all solution, many individuals find that a combination of these strategies gradually restores their sexual desire.

The journey to understanding “where did my libido go” is personal and multifaceted. By exploring the biological, psychological, and social dimensions, individuals can gain clarity and take meaningful steps towards rediscovering their sexual vitality.

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where did my libido go: *Chronische Schmerzen – lebendige Partnerschaft* Karra Eloff, 2024-02-28 Endlich Hilfe für Betroffene Allein in Deutschland sind über zehn Millionen Menschen von chronischen Schmerzen oder einer chronischen Erkrankung betroffen. 40 Prozent davon geben an, ihre dauerhaften physischen Beeinträchtigungen hätten auch negative Auswirkungen auf ihre Partnerschaft und das Privatleben. Karra Eloff zeigt mit vielen praktischen Tipps und Anregungen, wie Betroffene und ihre Partner*innen effektiv mit den vorhandenen Schmerzen umgehen können, wie sie konstruktiv miteinander kommunizieren und zu einem gleichwertigen Team werden. Wichtig ist dabei auch, Mitgefühl für sich selbst zu entwickeln und für sein emotionales Wohlbefinden zu sorgen. Und: Karra Eloff ermutigt auch am Beispiel ihrer eigenen Geschichte dazu, die Schmerzen bzw. die Erkrankung als Chance zu begreifen, das zu betrauern, was nicht mehr möglich ist, dafür neue Pläne mit dem Partner zu entwickeln und sich die Zeit zu nehmen, die der gemeinsame Weg erfordert. Relevantes und konkurrenzloses Thema Ca. 15 Prozent der Bevölkerung leiden unter chronischen Schmerzen Fast die Hälfte davon klagt über Beeinträchtigungen der Partnerschaft und des Privatlebens Mit vielen Beispielen, Übungen und übersichtlichen Zusammenfassungen Kompetente, engagierte und selbst betroffene Autorin

where did my libido go: The Hormone Shift Tasneem Bhatia, MD, 2025-09-09 “A manual to help us understand how we can best care for, nourish, and show grace to ourselves, The Hormone Shift outlines the information about our bodies that all women should have access to, long before they reach perimenopause.”—Gwyneth Paltrow The goop hormone authority offers an empowering new approach to taking charge of hormone shifts through every stage of life—especially menopause. When hormonal highs, lows, twists, and turns feel overwhelming, Dr. Tasneem Bhatia can offer a road map—and a whole new perspective. As an MD with an East-meets-West approach to women’s health, Dr. Tasneem (known as Dr. Taz) combines the wisdom of Eastern modalities like Ayurveda and traditional Chinese medicine with modern medical treatments for whole body wellness. To Dr. Taz, menopause is not an “ending”; a woman’s entire life is a spectrum of ever-shifting hormones, and menopause is just one point along that spectrum. And hormone levels are a fluid continuum that you have a lot of control over: through your diet, how you sleep, how you manage stress, and more. In The Hormone Shift, Dr. Taz breaks down exactly what is happening behind the scenes in a woman’s body throughout her life and how almost every aspect of health is connected to hormones—from metabolism to mental health. She explains how to prepare for whatever is coming next, and offers a customizable Thirty-Day Hormone Reset plan that uses a combination of Eastern and Western healing modalities to keep the body in balance and deliver a targeted strategy for minimizing unwanted symptoms at every stage.

where did my libido go: The Secret Sauce of Loving Relationships Mirella DeBonis, 2013-01-03 Are you ready for a new life filled with love and respect? With qualifications in relationship counselling, Neuro-Linguistic Programming (NLP), hypnotherapy, hypno-psychotherapy, and coaching, author Mirella DeBonis offers solid insight into the how and why of our individual behaviours as well as how that behaviour impacts our relationships. Mirella draws on her years of experience working with couples and addresses what people can do differently to make their relationship happier. By using a combination of communication models and simple steps that create the outcome of lasting and loving relationships, she shows how to invite more love and respect into your life. It only takes a few definite qualities a willingness to want to learn how to do things differently and a willingness to want to please your partner to turn your relationship around. Mirella explains how these qualities can see you through from the toughest times to the most intimate memories you are willing to create. She demonstrates that accountability in a relationship means that you have the ability and the power to make any changes. Whatever you take to the relationship will determine its longevity and its success. It all starts with you.

where did my libido go: Crazy for You Kerry Cohen, 2021-09-21 A psychologist and bestselling author redefines love and sex addiction as a spectrum disorder, and offers a new approach for healing. For anyone who has wondered Why does everyone else seem to be able to make romantic

relationships work, and I can't? What's wrong with me? Why is love so hard? Psychologist and bestselling memoirist Kerry Cohen is all too familiar with the questions she often hears from her clients—and has asked herself. Even though sex and love are some of the most universal, sought-after experiences we have, many of us lack the tools and understanding to approach them in a healthy way. Without knowing it, many people struggling with sex and love actually fall somewhere on the spectrum of sex and love addiction (SLA). Sex and love addiction is still wildly misunderstood. It's shrouded in secrecy and shame, and many counselors lack the training to address it—leaving people who need help without resources. Yet SLA isn't a binary of you are or you aren't, rather, it's a spectrum. Kerry Cohen knows this all too well as both a therapist and someone who identifies on the SLA spectrum. Based on research and her own clinical experience, *Crazy for You* dives into SLA and provides an inclusive framework for understanding relationships, along with practical exercises and advice for self-assessment, discovery, and healing: Part one explains the sex and love addiction spectrum, helping you determine where you fall on it and how you got there Part two introduces strategies for breaking the spell of sex and love addiction, like behavior modifications and self-awareness techniques Part three teaches you how to navigate healthy, safe, and fulfilling relationships

where did my libido go: *How to Menopause* Tamsen Fadal, 2025-03-25 INSTANT NEW YORK TIMES BESTSELLER • USA TODAY BESTSELLER • PUBLISHER'S WEEKLY BESTSELLER • Next Big Idea Club Must Read Book EXPERT-DRIVEN, GIRLFRIEND-APPROVED • The perimenopause and menopause manual that cuts through the chaos so you can take back control of your body, your confidence, and your life—from Emmy award-winning journalist, documentary filmmaker, and social media powerhouse Tamsen Fadal. If you're ready to feel like yourself again, this book is the talk you never had. Packed with actionable steps and evidence-based tools from a team of 42 experts including neuroscientists, menopause-certified physicians, sex and relationship therapists, sleep doctors, and a variety of lifestyle mentors, and synthesizing research, stories, and strategies in a way that only a journalist can, Tamsen Fadal helps you be your best advocate in a medical system not designed to treat women in midlife; understand the options that tame your symptoms, whether it's hormone therapy, supplements, or lifestyle changes; implement science-backed strategies to get the best sleep of your life; be able to talk to your partner about sex, low libido, painful intercourse, or how your hormones might be impacting your relationship; embrace your style (hair, makeup, clothes) to match your changing body; learn simple workouts, skincare tips, and delicious recipes to deal with belly fat, dry skin, and hair loss (and don't worry, it's not all kale salads); navigate menopause in the workplace—and much, much more. *How to Menopause* answers all the questions you didn't know to ask, and brings you into a conversation with millions of other women. Together, we can embrace a stronger, sexier self at every stage of midlife—from perimenopause through menopause and into our bolden years. *How to Menopause* is more than just advice—it provides a lifeline. Through her honesty, humor, research, and relentless commitment to women's health, Tamsen Fadal has created a guide that is both practical and deeply personal. Whether you're just beginning to experience perimenopause or well into this transition, these words will leave you feeling more confident, more informed, and most importantly—never alone. —Lisa Mosconi, PhD, New York Times bestselling author of *The Menopause Brain* "For all of those millions of women out there, struggling with learning how to deal with menopause, Tamsen Fadal has written the menopause Bible! Ladies you will see yourself reflected in page after page. You will no longer feel alone by being 100% seen. It's also full of ways to begin managing this new glorious phase of life!" - Halle Berry

where did my libido go: *The Sex Diaries* Bettina Arndt, 2009 'From the time I started working as a sex therapist back in the early 1970s, people have been talking to me about their sex lives. What I hear about most is the business of negotiating the sex supply. How do couples deal with the strain of the man wishing and hoping while all she longs for is the bliss of uninterrupted sleep?' In *The Sex Diaries* Australia's leading sex therapist, Bettina Arndt, uncovers the night-time drama being played out in bedrooms everywhere the creeping hand and feigning of sleep, the staying up late in the hope

that he will doze off. It is one of the great inconvenient truths of relationships that after the first blissful years together, most men want more sex than their female partners. Bettina Arndt recruited ninety-eight couples to keep diaries, revealing their intimate negotiations over sex. Who feels like having sex? Who doesn't? And how do couples cope if one person wants it more than the other? She draws on her thirty-five years of experience as a sex therapist and psychologist to provide a provocative analysis that challenges our basic assumptions about sex. With her characteristic humour and insight, Bettina Arndt proposes a new approach to how couples can enjoy regular sex and sustain loving relationships.

where did my libido go: *Liquid Words* Arthur Weil, 2005

where did my libido go: Is This Normal? Jolene Brighten, 2023-04-06 *Is This Normal?* is a book that all women need on their bookshelves. Sarah E. Hill, Ph.D. author of *How the Pill Changes Everything* When discussing period pain or mood swings, hormonal imbalance or fertility issues, women everywhere consistently ask their doctors one thing: Is this normal? Whether it was from her patients or her hundreds of thousands of social media followers, Dr. Jolene Brighten has heard this simple question more times than she can count. In *Is This Normal?*, Dr Brighten candidly shares what your sex-ed teacher should have said but didn't. TMI isn't a term in her world. She answers all those personal questions you've always wondered but might not have felt comfortable asking, including topics as wide-ranging as the menstrual cycle, postpartum health, libido, acne, the orgasm gap, and vaginal discharges. No topic is too gross, gooey, or OMG to be off-limits. Featuring a twenty-eight-day plan to take back your cycle and dozens of charts, checklists, and diagrams that help keep it real while keeping you educated, *Is This Normal?* is the ultimate guide to hormonal harmony and sexual empowerment.

where did my libido go: My Colour-Coded Life Megan Jackson Hall,

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where did my libido go: Ganged Wives Sarah Pain, 101-01-01 □ INTRODUCTION: Get 5 of Sarah Pain's stories in one exclusive bundle. This anthology has stories that have never been published in any other collection! When horny wives need to get ganged good, hard, and deep by as many men as they can, they're going to make it happen! If you want it DIRTY... if you need it HARD... then come and get it, RIGHT NOW!! Five real life stories of gangbang and group sex experiences are waiting for you in this book: - DESPERATION - SERENITY - THE AVERAGE GROUP - THE UNEXPECTED TRYST - THE GETWAY ♦ GENRE: Wife Sharing / Cuckold / Group Sex □ WARNING: This Book contains mature language and content intended for 18+ readers only!

where did my libido go: Libido's Twist Ron McManus, 2011-02 Jake Palmer, an independent healthcare investigator, is searching for something to fill the emptiness he's felt since leaving the U.S. Navy SEALs 10 years earlier. Neither his work as a lawyer nor his endless string of short-term relationships fill the void. When a former colleague at B&A Pharmaceuticals asks Palmer to investigate the deaths of physician researcher Ian Smythe and his nurse in southwest England -

killed in a horrific car crash - he reluctantly accepts the assignment. He and clinical research auditor Fiona Collins become entangled in a web of murder, deceit and ambition centered on a drug that treats hypoactive sexual desire disorder in women that could make billions for the company. Their deepening investigation puts their lives in danger. After Collins is abducted from her home, Palmer must confront his demons and risk his life to rescue her and bring those responsible to justice, even if it means killing them. If he fails, thousands of patients' lives will be at risk, and he will lose the one thing for which he's been searching. Ron McManus' pharmaceutical research and development career spanned more than 25 years, including an expatriate assignment in England, where he and his wife worked and lived for several years. He is the former vice president of global R&D quality and regulatory compliance, directing an international group of auditors with responsibility for audit of the company's animal and human research. Prior to joining the pharmaceutical industry, the author was director of program integrity at the North Carolina Medical Peer Review Foundation, where he established the state's first Medicaid fraud and abuse investigation unit. The former U.S. Navy lieutenant and his wife, Mildred, live in Virginia Beach, Virginia.

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where did my libido go: It Can Happen Betty McInnis, 2010-10 Craig McPherson lives a mundane life. He's a family man who owns an oil company, and he spends most of his days bored and dissatisfied. But fate has something else in mind. Seemingly without reason, Craig gets pulled into a tragic murder-suicide investigation. The murder-suicide has nothing to do with Craig and his company ... or does it ? Soon, he finds himself caught between two foreign oil cartels, both competing for his company and his expertise. Like a marionette controlled by unseen hands, Craig is yanked back and forth in a struggle for power. The cartels are fighting for ownership of the world's oil supply—a direct threat to the United States—and Craig is standing in their way. In order to survive, he must join the fight, risking his own life and the lives of his family. But Craig McPherson isn't a soldier or a terrorist. He's a regular guy, living a regular life, who must now use his intellect to save

his family from certain death and the United States from unfriendly domination. He must conceive a plan to trap his adversaries and beat them at their own game-using himself as bait. Suddenly, Craig's mundane life as a CEO and father doesn't seem so awful.

where did my libido go: *Where Did My Libido Go?* Rosie King, 2010-06 This title will be helpful for women who: have lost an interest in sex; have a partner who wants more sex than they do and it's creating a strain on their relationship; would like to increase their level of sexual desire, sexual frequency and sexual pleasure.

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where did my libido go: Everything You Need to Know About the Menopause (but were too afraid to ask) Kate Muir, 2022-01-20 An eye-opening, no-holds-barred guide to the perimenopause and menopause written by campaigner, journalist and documentary-maker Kate Muir. *Everything You Need to Know About the Menopause* (and were too afraid to ask) is the thinking woman's guide to the menopause, bringing you answers to all those questions that have been hidden behind a veneer of misplaced shame, bad science and centuries of patriarchy. · What's the perimenopause and when will it strike? (It's sooner than you think) · What's happening to my body – and my mind? · Why can't I stop thinking about sex in perimenopause? · How do I get my sex drive back after menopause? · How do I look after my body and brain when my hormones disappear? Muir draws on interviews with the leading medical experts in the field, interlaced with her own tumultuous journey through the menopause and the personal stories of women from all walks of life, sharing their varied experiences and hard-earned wisdom. Muir also questions why the current medical establishment is getting the menopause so wrong, as she debunks the myths that surround hormone replacement therapy and exposes the sloppy science and hysterical headlines that have had a negative impact on women's health for the last twenty years. It's essential that we understand the biology of our own bodies during this critical period that will define the latter half of our lives. With the help of a panel of doctors, scientists and health experts, Muir unpacks the science behind hormones and ageing, and takes a close look at the different options available for treating both body and mind during the profound changes that take us into midlife and beyond. What she discovers is that both symptoms and treatment are far more extensive and diverse than we might expect. The menopause is the whole package, and the treatment needs to be too, with impacts as wide ranging as preventing Alzheimer's, boosting sex drive and protecting mental health. This ground-breaking guide is a social, cultural and scientific exploration into a criminally overlooked and under-discussed phenomenon that will affect one billion of us by 2025. And it is a manifesto for change, calling for equality in healthcare and an entirely new approach to women's health.

where did my libido go: Your Absence is Darkness Jón Kalman Stefánsson, 2024-03-14

Comparisons do not do justice to the complexity of Stefánsson's book, nor the uniqueness of his prose DANIEL MASON, author of *North Woods* Stefánsson shares the elemental grandeur of Cormac McCarthy EILEEN BATTERSBY, *TLS* A rich depiction of life, love and loss . . . Stefánsson is a writer of great scope and imagination RONAN HESSION, author of *Leonard* and *Hungry* Paul Stefánsson's prose rolls and surges with oceanic splendour BOYD TONKIN, *Spectator* A spellbinding saga about the inhabitants and inheritors of one rural community, by one of Iceland's most celebrated novelists. A man comes to awareness in a church in rural Iceland, not knowing why he's there or how he arrived. When a local woman offers to reunite him with her sister, he realises he's lost not only his bearings, but his memory as well: he doesn't recognise either woman, and as their stories unfold, he is plunged into a history spanning centuries and lives: a city girl drawn to the fjords by the memory of a blue-eyed gaze; a farmer's wife whose essay on the humble earthworm changes the course of lives; a pastor who writes to dead poets and falls in love with a stranger; a musician plagued by cosmic loneliness, who discovers that his life has been a lie; and an alcoholic transfixed by the night sky. Faced with the violence of destiny and the effects of choices, made and avoided, that cascade between lives, each discovers the cost of following the magnetic needle of the heart. An incandescent, audacious novel about the misfortune of mortality and the strange salve of time, *Your Absence is Darkness* is a spellbinding story of death, desire and the perfect agony of star-crossed

love. Translated from the Icelandic by Philip Roughton

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